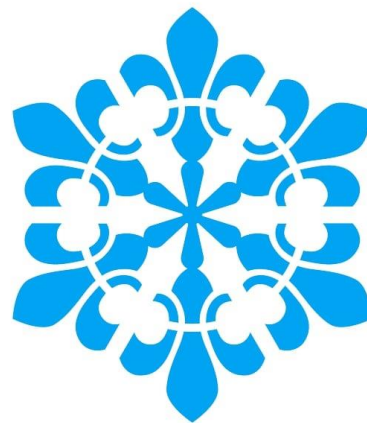


# KANDERSTEG 2025 – COOK BOOK

Issue 1.0 – June 2025





# Contents

Menu and Introduction .....	1
Starter Pack .....	2
Breakfast and Lunch .....	1
Tuesday 12 August 2025.....	2
Wednesday 13 August .....	3
Thursday 14 August .....	4
Friday 15 August.....	6
Saturday 16 August.....	8
Sunday 17 August.....	10
Tuesday 19 August .....	12
Wednesday 20 August .....	14
Thursday 21 August .....	16

## INTRODUCTION

This is a Swiss style menu reflecting the four distinct areas of Switzerland: Germany, France, Italy and Romansch, originally designed by Paul Dickson for the 2017 expedition. It was deemed largely successful, but we made some modifications to portion sizes (increasing them by about 1/3rd for the protein and carbs in particular), turned all vegetarian options into vegan ones (with simple substitutions of cheese, milk and yoghurt) in a handful of recipes, that can be reverted when ordering the meals.

The starter pack will include key staples, with information on what will be supplied covered in the next section. Individual groups may choose to purchase additional ingredients and consumables locally such as antibacterial soap, antibacterial cleaner, hand sanitizer, cling film, plastic bags, J-cloths, Brillo pads, small containers, additional herbs, spices, additional gravy, sauces, chocolate spread, peanut butter, marmalade, coloured refuse sacks, treats.

It is down to you to either choose to follow the recipe or use the ingredients in your own way!

There is no information for Sunday 17 August as we will be joining the International BBQ, which also means no cooking on that evening.

### Food collection

We will supply everything you need for the standard menu, except on those days where you have told us you will be off-site. Food will be distributed from the Marquee near the Chalet 15:00 – 18:00 daily – dinner for the collection day and breakfast/lunch for the day after. If your food is being distributed with another Group's then don't forget to agree who's getting it and when!



### STARTER PACK

Note this list will be updated closer to the final event with the full list of items to be provided. We will endeavour to give you as much as possible at the beginning.

#### Food items

- Oil
- Salt
- Pepper
- Oregano
- Cumin
- Coriander
- Chilli flakes
- Chilli powder
- Vegan stock powder
- Garlic
- Thyme
- Bay leaves
- Paprika
- Parsley
- Tomato puree
- Flour
- Bread
- Milk
- Tea
- Coffee
- Sugar
- Hot Chocolate Powder
- Squash
- Butter / Spread
- Ketchup
- Mayonnaise
- Jam
- Mustard
- Orzo
- Rice
- Spaghetti
- Macaroni
- Gnocchi
- Pasta

#### Non-food items

- Washing-up liquid
- Tin foil
- Shopper Bags
- Zip lock bags
- Cling Film
- Ice Pack Service



# BREAKFAST AND LUNCH

## Breakfast

All breakfasts are continental style with bread, a selection of meat and cheese/vegan cheese, jam, orange juice or apple juice, eggs and a variety of cereals with milk, tea and coffee. Milk includes dairy, oat, soya and almond milks.

On alternating days, starting from breakfast on Wednesday 13 August the following will be provided for the cereals, meat and other items:

- Cornflakes, Turkey, Yogharts – 13, 16, 19 and 22 August
- Chocos, Ham, Zopf (Brioche) – 14, 17, and 20 August
- Museli, Chicken, Croissants – 15, 18, and 21 August

## Lunch

Lunches are normally cold and can be eaten as a packed lunch or a cold buffet on your site. Rolls with selection of fillings: turkey, tuna, salami and cheese/vegan cheese, hummus and coleslaw, salad, chocolate bars, crisps, and a piece of fruit.

On alternating days, starting from lunch on Wednesday 13 August the following will be provided for the meat/fish and fruit items:

- Chicken, Apples – 13, 16, 19 and 22 August
- Tuna, Bannas – 14, 17, and 20 August
- Salami, Oranges – 15, 18, and 21 August



# TUESDAY 12 AUGUST 2025

## Spaghetti Bolognese (Meat) / Quorn Mince (Vegan)

Ingredients	Amount per person
Oil	(SP) 5 ml pp
Mince	150 g
Onions	50 g
Celery	20 g
Carrots	35 g
Vegan Stock	(SP) 75 ml (150 ml Vegan)
Milk (Beef only)	75 ml
Tomatoes	125 g
Spaghetti	125 g
Cheese	25 g

### Instructions

1. Wash hands thoroughly before you start handling food!
2. Slice onions, celery and carrots as small as possible and fry in a little oil until onions are soft, but not burnt!
3. Add the minced meat and cook until browned.
4. Add the vegan stock and cook until almost evaporated.
5. Add the milk and cook until absorbed (no milk for the vegan version).
6. Add the tomatoes and season with salt and pepper.
7. Allow to cook over low heat until thoroughly cooked (approx. 30mins, longer, if possible, add water if it starts to dry out).
8. Pasta: 125 g per person. Put the spaghetti into boiling, lightly salted water for about 8-10 minutes.
9. Drain and add spaghetti to meat sauce and mix.
10. Sprinkle with grated cheese/grated vegan cheese.
11. Serve and enjoy!

### Dessert

Vannilla Croissant or Chunky Double Choc Bar (vegan alternative)



# WEDNESDAY 13 AUGUST

## Chicken / Quorn Burritos

Ingredients	Amount per person
Oil	(SP)
Sliced chicken or Quorn cubes	150 g
Rice	150 g
Onions	50 g
Red peppers	50 g
Tinned tomatoes	100 g
Tinned black beans	100 g
Corn tortillas	2 each
Guacamole	50 g
Salad	30 g
Oregano	(SP) to taste
Cumin	(SP) to taste
Coriander	(SP) to taste
Garlic	(SP) to taste
Sugar	(SP) a few g PP
Salt/Pepper	(SP) to taste
Sour cream/vegan sour cream	25 g
Grated cheese/vegan cheese	50 g

### Instructions

1. Wash your hands thoroughly before you start handling food.
2. Finely dice the onions and fry for 8 minutes in oil in a casserole dish / pan.
3. Whilst cooking, cook the rice slightly salted boiling water for ~12 minutes. Drain and return to the pan to steam with the lid on (if possible) or a bowl until ready to serve.
4. Add herbs and spices to the onions, cook for 1 minute, then add the chicken/Quorn and stir until browned/cooked. Add in the sugar, then add the tinned tomatoes.
5. Simmer for 5 minutes and then add the beans (and water from the can). Season and simmer on a low-medium heat for up to 20 minutes until the sauce has thickened.
6. Warm the tortillas if you can. Make up the burritos from the meat/Quorn, rice, guacamole, sour cream and cheese. Enjoy

### Dessert

Oreo Donut or Banana Bread (vegan alternative)



# THURSDAY 14 AUGUST

## Pork Steaks with Peppers (Meat option)

Ingredients	Amount per person
Oil	(SP) 5 ml pp
Thin pork loin steaks	1 each, 140 g
Salt, paprika and pepper	(SP)
Mixed peppers	80 g
Tomatoes	100 g
Vegan Stock	(SP) 35 ml
Oregano	(SP)
New Potatoes	125 g

### Instructions

1. Wash hands thoroughly before you start handling food.
2. Heat oil in a frying pan and brown the steaks in portions on each side for approx. 30 seconds each, season. Set aside steaks in large saucepan.
3. Wash and prepare the potatoes.
4. Clean and cut the pepper into 1 cm slices. Spread over the meat and season with salt.
5. Add the tomatoes.
6. Pour vegan stock into the same frying pan, bring to a boil while stirring and mix with cooking juices, reduce for 10 minutes.
7. Add oregano to pan.
8. Pour the sauce over the meat. Cover and cook gently for 20 min.
9. Whilst this is cooking boil the potatoes.
10. Serve with the pork steaks and enjoy!

## Dessert

Linzertortli



### Quorn Steaks with Peppers (Vegan option)

Ingredients	Amount per person
Oil	(SP) 5 ml pp
Thin Quorn	3 x 55 g
Salt, paprika and pepper	(SP)
Mixed peppers	80 g
Tomatoes	100 g
Vegan Stock	(SP) 40 ml
Oregano	(SP)
New Potatoes	125 g

### Instructions

1. Wash hands thoroughly before you start handling food.
2. Heat oil in a frying pan and brown the Quorn steaks in portions on each side for approx. 30 seconds each, season. Set aside steaks in large saucepan.
3. Wash and prepare the potatoes.
4. Clean and cut the pepper into 1 cm slices. Spread over the meat and season with salt.
5. Add the tomatoes.
6. Pour vegan stock into the same frying pan, bring to a boil while stirring and mix with cooking juices, reduce for 10 minutes and then add oregano to pan.
7. Pour the sauce over the meat. Cover and cook gently for 20 min.
8. Whilst this is cooking boil the potatoes.
9. Serve with the Quorn steaks and enjoy!

### Dessert

KitKat (vegan alternative)





### FRIDAY 15 AUGUST

#### Zurcher Geschnetzeltes - Zurich-Style Chicken Strips in Cream Sauce with Spätzle (Swiss Noodles) (Meat option)

Ingredients	Amount per person
Chicken fillet, cut into strips	150 g
Oil	(SP) 5 ml pp
Onions	50 g
Mushrooms	50 g
White pepper powder	(SP) 1 g
Sweet paprika powder	(SP) 1 g
Cream	60 ml
Vegan stock	(SP) 10 ml
Salt and pepper to taste	(SP)
Parsley, chopped	(SP) 5 g
Lemon Juice	(SP) 6 ml
Spätzle	200 g
Salad	30 g

#### Instructions

1. Wash your hands thoroughly before you start handling food.
2. Finely dice the onions.
3. Cut the chicken fillet into strips. Season the chicken strips with pepper and paprika powder.
4. Boil large pan of water for the Spätzle.
5. Heat oil in a saucepan until hot. Add in marinated sliced chicken and stir over a medium-high heat till lightly browned and cooked through, then remove from the pan and set aside.
6. Start the Spätzle it will take about 10 minutes.
7. Add some oil in the skillet. Stir the finely chopped onions till softened and lightly browned, and then add the mushrooms. When they have softened pour in the stock and bring it to a boil over a high heat before adding cream. Cook over a medium heat for about 2 minutes then return the chicken strips and any accumulated juices to the pan.
8. Heat through, tossing often, about 3 minutes. Season with salt and pepper. Sprinkle chopped parsley and lemon juice. Serve over the Spätzle with a green salad on the side.

#### Dessert

Fruit Cocktail



### Züri Geschnetzeltes Quorn slices in cream sauce with gnocchi (Vegan option)

Ingredients	Amount per person
Sliced Quorn Cubes	150 g
Oil	(SP) 5 ml pp
Onions	50 g
Mushrooms	50 g
White pepper powder	(SP) 1 g
Sweet paprika powder	(SP) 1 g
Vegan Cream	60 ml
Vegan stock	(SP) 10 ml
Salt and pepper to taste	(SP)
Parsley, chopped	(SP) 5 g
Lemon Juice	(SP) 6 ml
Gnocchi	200 g
Salad	30 g

#### Instructions

1. Wash your hands thoroughly before you start handling food.
2. Finely dice the onions.
3. Clean the mushrooms and slice thinly.
4. Season the Quorn slices with pepper and paprika powder.
5. Boil large pan of water for the gnocchi.
6. Heat oil in a saucepan, when hot sear the Quorn, then remove from the pan and set aside.
7. Cook the gnocchi for 2-3 minutes until cooked and floating. Remove using slotted spoon and place in a bowl prior to serving.
8. Add some oil in the skillet. Stir the finely chopped onions till softened and lightly browned, and then add the mushrooms. When they have softened pour in the vegan stock and bring it to a boil over a high heat before adding cream and cook over a medium heat for about 2 minutes.
9. Return the Quorn slices and any accumulated juices to the pan. Heat through, tossing often, about 3 minutes. Season with salt and pepper. Sprinkle chopped parsley and lemon juice. Serve over the gnocchi with a green salad on the side.

#### Dessert

Fruit Cocktail



# SATURDAY 16 AUGUST

## Bratwurst (Sausage - Meat) & Röstli (Meat option)

Ingredients	Amount per person
Sausages	1 each (170 g)
Röstli	250 g
Onions	20 g
Broccoli	100 g
Vegan stock powder	(SP) to requirement

### Instructions

1. Wash hands thoroughly before you start handling food!
2. Heat some oil in a frying pan.
3. Add the Röstli and fry it lightly, turning from time to time.
4. Push the Röstli together (like a patty) and put a lid on the pan.
5. Let the Röstli fry over a low heat for about 20 minutes.
6. In another frying pan heat some oil and fry the sausages, turning frequently.  
Alternatively, BBQ on a griddle the Swiss way.
7. Meanwhile, slice onions and cook in a little oil until soft, add stock cube/gravy powder and water to make onion gravy.
8. In a saucepan bring lightly salted water to boil, place the vegetables in boiling water until they are soft (approx 15 minutes).
9. Serve and enjoy!

## Dessert

Mohrenkopfe



### Bratwurst (Sausage - Vegan) & Röstli (Vegan option)

Ingredients	Amount per person
Vegan Sausage	3 x 60 g
Röstli	250 g
Onions	20 g
Broccoli	100 g
Vegan stock powder	(SP) to requirement

#### Instructions

1. Wash hands thoroughly before you start handling food!
2. Heat some oil in a frying pan.
3. Add the Röstli and fry it lightly, turning from time to time.
4. Push the Röstli together (like a patty) and put a lid on the pan.
5. Let the Röstli fry over a low heat for about 20 minutes.
6. In another frying pan heat some oil.
7. Fry the sausages, turning frequently.
8. Meanwhile, slice onions and cook in a little oil until soft, add vegetarian stock cube/gravy powder and water to make onion gravy.
9. In billy bring lightly salted water to boil, place the vegetables in boiling water until they are soft (approx. 15 minutes).
10. Serve and enjoy!

### Dessert

Vanilla Dessert (vegan alternative)



### SUNDAY 17 AUGUST

#### Chicken and Courgette with Orzo (Meat option)

Ingredients	Amount per person
Oil	(SP)
Garlic	(SP) to taste
Shallots	40 g
Chicken	150 g
Orzo	75 g
Vegan stock	(SP) 160 ml
Courgette	60 g
Salt	(SP)
Black Pepper	(SP)
Cream Cheese	5 g
Greek Yoghurt	5 ml

#### Instructions

1. Wash your hands thoroughly before you start handling food!
2. Slice the courgette and shallots.
3. Prepare the stock.
4. Cut the chicken into 1cm pieces and fry in oil until lightly browned. Set to one side.
5. In the same pan add a little more oil if necessary and gently fry the courgette, mushrooms and shallots until soft, try not to brown the shallots.
6. Add the orzo, stir and coat with the oil, cook for 2-3 minutes to toast the orzo lightly
7. Add the stock, stir, bring to the boil and then reduce to medium and simmer with the lid on. Stir every minute or so to prevent it sticking to the bottom. After 10 minutes or so, it should be tender (keep simmering if not!).
8. Add the cooked chicken back to the pot,
9. Stir in the cream cheese, yoghurt and season to taste. Enjoy!

#### Dessert

Vannilla Croissant



### Green Bean, Mushroom and Courgette Orzo (Vegan option)

Ingredients	Amount per person
Oil	(SP) 5 ml pp
Garlic	(SP) to taste
Shallots	40 g
Green Beans	100 g
Orzo	75 g
Vegan stock	(SP) 180 ml
Courgette	100 g
Salt	(SP)
Black Pepper	(SP)
Vegan Cream Cheese	5 g
Vegan Greek Yoghurt	5 ml

#### Instructions

1. Wash your hands thoroughly before you start handling food!
2. Slice the courgette and shallots.
3. Prepare the stock.
4. Top and tail the green beans and cut into 2-3 cm pieces. Cook the beans in boiled water for 5 minutes and rinse with cold water, set aside.
5. In pan add a little oil and gently fry the courgette and shallots until soft, try not to brown the shallots. Add the beans back in and get some colour on them.
6. Add the orzo, stir and coat with the oil, cook for 2-3 minutes to toast the orzo lightly.
7. Add the stock, stir, bring to the boil and then reduce to medium and simmer with the lid on. Stir every minute or so to prevent it sticking to the bottom. After 10 minutes or so, it should be tender (keep simmering if not!).
8. Stir in the cream cheese, yoghurt and season to taste. Enjoy!

### Dessert

Chunky Double Choc Bar



# TUESDAY 19 AUGUST

## La Potée - Chicken, Leek & Potatoes (Meat option)

Ingredients	Amount per person
Canned cannellini beans	50 g
Diced chicken	200 g
Clove garlic	(SP) to taste
Leeks	50 g
Carrots	50 g
Onion	50 g
Dried thyme	(SP) 1 g
Cabbage	50 g
Vegan stock	(SP) 60 ml
Salt	(SP)
Ground pepper	(SP)
Potatoes	125 g

### Instructions

1. Wash your hands thoroughly before you start handling food.
2. Peel the potatoes, cut into bite sized chunks and par-boil, then set aside.
3. Crush the garlic, slice the leeks into rings, chop the carrots and onions and shred the savoy cabbage.
4. Brown the chicken in a heavy pot with oil. When nicely browned, remove from pot and set aside. Add in garlic, thyme and prepared vegetables (except savoy cabbage).
5. Cook veggies for about 10–15 minutes until tender, then add in stock and beans. Season well with salt and freshly ground pepper. Let the stew come back to a boil, then add cabbage and chicken. Simmer the soup for a few more minutes until the cabbage is wilted.
6. Serve with a drizzle of olive oil if desired.

### Dessert

Sprinkle Donut



### La Potée – Vegan Sausage, Leek & Potatoes (Vegan option)

Ingredients	Amount per person
Canned cannellini beans	50 g
Vegan sausages	120 g
Clove garlic	(SP) to taste
Leeks	50 g
Carrots	50 g
Onion	50 g
Dried thyme	(SP) 1 g
Cabbage	50 g
Vegan stock	(SP) 500 ml (or more if required)
Salt	(SP)
Ground pepper	(SP)
Potatoes	125 g

#### Instructions

1. Wash your hands thoroughly before you start handling food.
2. Peel the potatoes, cut into bite sized chunks and par-boil, then set aside.
3. Crush the garlic, slice the leeks into rings, chop the carrots and onions and shred the savoy cabbage.
4. Brown the sausages in a heavy pot with just a touch of oil. When nicely browned, remove from pot then cut them into bite sized chunks and set aside. Add in garlic, thyme and prepared vegetables (except savoy cabbage)
5. Cook veggies for about 10–15 minutes until tender, then add in vegan stock and beans.
6. Season well with salt and freshly ground pepper. Let the stew come back to a boil, and then add cabbage and sausages. Simmer the soup for a few more minutes until the cabbage is wilted.
7. Serve with a drizzle of olive oil if desired.

#### Dessert

Banana Bread (vegan alternative)





## WEDNESDAY 20 AUGUST

### Pollo alla Cacciatore (Meat option)

Ingredients	Amount per person
Chicken Pieces – skin on	200 g
Oil	(SP) 5 ml pp
Flour	40 g
Salt	(SP)
Pepper	(SP)
Vegan stock	(SP) 60 ml
Onions	50 g
Green Pepper	50 g
Carrot	50 g
Celery	20 g
Garlic	(SP) to taste
Tinned chopped tomatoes	125 g
Rice	100 g

### Instructions

1. Wash your hands thoroughly before you start handling food.
2. Prepare the vegetables; finely chop the garlic, onion, carrot & celery.
3. Clean the peppers, discarding the stalk and seeds and cut in 1 cm slices.
4. Wash the chicken pieces and dry.
5. Turn the chicken pieces in the flour coating all sides evenly and shaking off any excess.
6. Fry the chicken in oil until golden brown on the outside, when nicely browned transfer to a dish and season with salt and pepper.
7. To the oil in the pan add the onions, garlic, carrot & celery and cook for about 5 minutes, but do not burn.
8. Add the stock to de-glaze and cook for 2 minutes or until evaporated.
9. Add the tomatoes and the chicken and simmer for 20 minutes.
10. Add the sliced peppers and cook for another 10 minutes until the peppers have softened.
11. Serve with rice and enjoy

### Dessert

Linzertortli



### Cacciatore Verdure (Vegan option)

Ingredients	Amount per person
Mixed Peppers	50 g
Courgette	50 g
Cauliflower	50 g
Chickpeas	100 g
Oil	(SP) 5 ml pp
Flour	40 g
Salt	(SP)
Pepper	(SP)
Vegan stock	(SP) 60 ml
Onions	50 g
Carrot	30 g
Celery	25 g
Garlic	(SP) to taste
Tinned chopped tomatoes	125 g
Rice	100 g

### Instructions

1. Wash your hands thoroughly before you start handling food.
2. Prepare the vegetables; finely chop the garlic, onion, carrot & celery.
3. Clean the peppers, discarding the stalk and seeds and cut in 1 cm slices. Slice the courgette and cut the cauliflower into florets.
4. To the oil in the pan add the onions, carrot & celery and gently cook for about 10 minutes, but do not burn. Add the garlic for the last minute.
5. Add the vegan stock to de-glaze and cook until reduced by half.
6. Add the tomatoes and the sliced peppers, courgettes, chickpeas (drained/washed) and cauliflower and cook for 20 minutes until the vegetables have softened. Season to taste.
7. Whilst this is cooking add 150 ml of water person to a large saucepan, add the rice, bring to the boil and simmer for 10 minutes covered, remove from the heat and leave to rest covered for a further 10 minutes.
8. Fluff up the rice with a fork and serve with the cacciatore and enjoy!

### Dessert

KitKat (vegan alternative)



# THURSDAY 21 AUGUST

## Herdsman's Macaroni with Applesauce (Meat option)

Ingredients	Amount per person
Onions	50 g
Garlic	(SP) to taste
Potatoes	125 g
Diced Bacon	40 g
Vegan stock	(SP) 140 ml
Half Cream	60 ml
Elbow macaroni	80 g
Gruyere Cheese	25 g
Salt	(SP)
Pepper	(SP)
Apple Puree	20 g

### Instructions

1. Wash your hands thoroughly before you start handling food.
2. Cut onions into rings, garlic into slices and potatoes into cubes. Brown bacon, onions (caramelize) and garlic in a non-stick pan, remove and set aside.
3. Bring stock and cream to the boil, add potatoes and pasta, cover and simmer over a low heat for approx. 10 min until cooked al dente and the liquid has been absorbed.
4. Mix in the cheese and season. Sprinkle with the bacon and onion mixture.
5. Serve with apple purée.

### Dessert

Mohrenkopfe



### Herdsman's Macaroni with Applesauce (Vegan option)

Ingredients	Amount per person
Onions	50 g
Garlic	(SP) to taste
Potatoes	125 g
Vegan stock	(SP) 140 ml
Vegan Half Cream	60 ml
Elbow macaroni	80 g
Emmental Vegan alternative	40 g
Salt	(SP)
Pepper	(SP)
Apple Puree	20 g

#### Instructions

1. Wash your hands thoroughly before you start handling food.
2. Cut onions into rings, garlic into slices and potatoes into cubes. Brown (caramelize) onions and garlic in a non-stick pan, remove and set aside.
3. Bring stock and cream to the boil, add potatoes and pasta; cover and simmer over a low heat for approx. 10 min until cooked al dente and the liquid has been absorbed.
4. Mix in the cheese and season. Sprinkle with the onion mixture.
5. Serve with apple purée.

### Dessert

Vanilla Dessert (vegan alternative)